

PHARMACOLOGY—FDA APPROVED MEDS FOR SMOKING CESSATION

****Combination Therapy Doubles Quit Rates**

*****Patches decrease withdrawal symptoms; gum, lozenges, nasal spray, etc. decrease urges to smoke.**

Nicotine Patch—Generic or Nicoderm CQ

Comes in 7 mg, 14 mg and 21 mg

20 cigs - needs 21 mg patch

10 cigs- needs 14 mg patch

5cigs- needs 7mg patch

Heavy cigarette user may need to wear 2 patches at once initially if smoking 2ppd>

Nicotine Lozenge—Generic or Nicorette/Nicorette Mini—cherry or mint

2mg or 4mg TTFC less than 30 min, use 4mg; TTFC more than 30 min, use 2mg

May use q 1-2 hours initially, max 20/day

Nicotine Gum—Generic or Nicorette—original, cinnamon, fruit, mint or orange

2 mg or 4 mg TTFC less than 30min, use 4mg; TTFC more than 30 min, use 2mg

May use q 1-2 hours initially, max 24/day

*Yale program recommends using 15 minutes prior to usual cig to decrease urge.

Nicotine Nasal Spray—Nicotrol (prescription only)

1-2 doses/hr or 8-40 doses/day 1 dose= 2 sprays each nostril

*Yale program recommends using 15 minutes prior to usual cig to decrease urge.

Nicotine Oral Inhaler—Nicotrol inhaler (prescription only)

10 mg cartridge

Initially, 1 cartridge q 1-2hrs, 6-16 per day

Not intended to be inhaled into lungs, best if continuous puffing for 20 min

*Yale program recommends using 15 minutes prior to usual cig to decrease urge.

All other meds- Chantix and Bupropion - send case to PCP

TTFC= time to 1st cigarette

If a patient has a cig within 30 mins of awakening, it is indicative of increased addiction and thus increase dose of nicotine is needed.